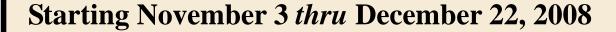
SAFE CIRCLE WOMEN'S PROGRAM







- This 8- week activity-based group is designed for women who experience symptoms of mental illness and are survivors of abuse.
- The goal of this group is to reduce the risk of re-victimization and increase personal safety.
- Activities will focus on building safety skills, improving self-esteem and communication skills, and practicing good boundaries and healthy living habits. A special emphasis in this cycle will be on self-esteem.

Pre-registration is required, women, please see Gloria T. or Susan to sign-up.



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